

UU Wellspring: Sources

<https://uuwellspring.org/>

Many Unitarian Universalists, young and old, are familiar with the seven principles – a statement of our most deeply held values that starts with “the inherent worth and dignity of every person” and ends with “respect for the interdependent web of all existence of which we are a part.”

In addition to affirming and promoting the seven principles, the living tradition of Unitarian Universalism also draws on *six sources* for religious knowledge and spiritual growth: direct experience, prophetic people, world religions, Jewish and Christian teachings, humanist teachings, and Earth-centered traditions. If the seven principles are what we aspire to, the six sources are what inspire us.

In *Wellspring: Sources*, participants are challenged by, comforted by, and inspired by each one of the six sources. They learn not just about Unitarian Universalism, but also about how to integrate their Unitarian Universalist faith more fully into their daily lives.

Wellspring: Sources incorporates five elements designed to balance a knowledge of UU history and theology with personal spiritual practice and engagement with the world. The five components that participants agree to are:

- A commitment to daily spiritual practice
- Participation in a small-group community (their *Wellspring: Sources* group)
- Individual (or small group) work with a spiritual companion, monthly
- Readings and resources for knowledge and reflection
- Commitment to live out our values in the world

Here's a link to a five minute video where participants talk about their experiences:

<https://www.youtube.com/watch?v=acKwZ7Lm5LI>



How to take Wellspring: Sources

All gatherings will be on Zoom videoconference. We will have a *Tuesday (TBD)* evening course and if there is enough interest, we'd consider offering an afternoon course.

- We'll be kicking off the start of the course with a 4-hour retreat on **Saturday September 18, 2021, 1:00 pm to 5:00 pm**. Then we'll meet regularly....
- Beginning in October - every other Tuesday evening – led by Rein Jackson along with a co-facilitator - TBD)
- If there is enough interest, we'd consider offering an afternoon course, in which case we are also looking for another facilitator, or two.

Choose which group is best for you, and **email Rein or Aspen or Hannah at UCGCares@gmail.com** , so we know you are interested.

There is no registration fee for the course, but you will need the books listed below (many are available at the library).

Participants are to arrange for their own books. All other resources will be provided.

For lots more information, visit <https://uuwellspring.org/>

Sources Topics

Session 1 — Welcoming the Soul

Direct Experience

Session 2 — Everyday Theology

Session 3 — Spiritual Histories

Prophetic People

Session 4 — Prophetic Voices of Our Unitarian Ancestors

Session 5 — Modern UU Prophets

Session 6 — Your Own Prophetic Voice: Vulnerability and Courage

Session 7 — Solstice Ritual

Jewish and Christian Teachings

Session 8 — Our Universalist Heritage

Session 9 — Reimagining God: Process Theology

Session 10 — Experimenting with Prayer

World Religions

Session 11 — Buddhism: Religion as Practice

Session 12 — Forgiveness and Letting Go

Earth-Centered Spirituality

Session 13 — Nature as Spiritual Guide

Session 14 — UUism and the Crises of Life

Session 15 — The Theology of Joy

Humanist Teachings

Session 16 — Good without God

Session 17 — UU Perspectives on Death and the Afterlife

Session 18 — Let Your Life Speak

Session 19 — Celebration and Reflection

Required Books

- *Everyday Spiritual Practice: Simple Pathways for Enriching Your Life* edited by Scott Alexander
- *A Hidden Wholeness: The Journey Toward an Undivided Life*, by Parker Palmer
- *You Are Here: Discovering the Magic of the Present Moment*, by Thich Nhat Hanh
- *Let Your Life Speak: Listening for the Voice of Vocation*, by Parker Palmer

- One or both: *Voices from the Margins: An Anthology of Meditations* edited by Jacqui James and Mark D. Morrison-Reed and/or *To Wake To Rise: Meditations on Justice and Resilience* edited by William G. Sinkford.